



# Teen Programs

## May - August 2011

Please turn over for more great programs!



### Fitness for Girls: Jump up and Move

Ages 11-15 year olds. Designed to get youth more physically active through various sessions including fitness, cardio circuits, active games and sport introduction. All fitness levels are welcome to participate. Class fee: \$36

May 10-31	Tu	7:00 pm - 8:00 pm	109821
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### All 4 One Youth Step Program

Age 7-18 years. Join us for a program that will teach youth the foundation and techniques of Step, while empowering them to influence positive changes in their communities, schools and families. Students will learn discipline, commitment, responsibility and leadership all while having fun. Class is taught by professional dance teacher Tieshya Coleman. Class fee: \$20.

May 3-24	Tu	6:00 pm - 7:00 pm	111921
Jun 7-28	Tu	6:00 pm - 7:00 pm	111922
Jul 12-Aug 2	Tu	6:00 pm - 7:00 pm	111923
Aug 9-30	Tu	6:00 pm - 7:00 pm	111924

### Navigating College Admissions

High school students and parents. Parents and teens get a head start! Learn the important aspects of the college search, selection and application process. Receive advice on helping your child maximize the high school experience, choose the right colleges, put together standout applications and financial aid. Tips and strategies will be provided on selecting courses, getting involved in outside activities, choosing appropriate standardized tests, college application essays, letters of recommendation and provide insight into how colleges read applications. Seminar provided by A2Z College Planning. Pre-registration is required. Class fee: \$0

Aug 30	Tu	6:30 pm - 8:00 pm	111914
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### Photography-Digital Panoramic Photography

Age 15 and up. Learn the basics techniques of taking panoramic photographs. Once you have the images, we'll review some of the best software to stitch them into a panoramic. Skillset: intermediate (Camera & PC knowledge). Tripod suggested. Class fee: \$35

Jun 15	W	6:00 pm - 9:00 pm	109679
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### Photography-Evening Discussions with a Photographer

Ages 15 and up. Join professional photographer and teacher Patrick Day as he leads discussions and provides insights into several topics that are on the forefront of photography. All classes will be held at the Barwell Road Community Center and no supplies will be needed. This is a inexpensive way to meet fellow photographers in the area and get some cutting edge information about photography. Class fee: \$5

May 11	W	6:30 pm - 8:30 pm	110396	Jul 13	W	6:30 pm - 8:30 pm	110398
Jun 8	W	6:30 pm - 8:30 pm	110397	Aug 10	W	6:30 pm - 8:30 pm	110399

### Photography-Practical Critique Workshop

Ages 15 and up. This is your opportunity to have your work reviewed by peers and professionals in an open and complimentary environment. Students can bring in 1 to 4 DIGITAL images on CD or thumb drive in PC format. Please, no printed or framed pieces. Each image will be displayed on screen and the audience (with direction from the instructor) will comment. Then the instructor will give evaluation of piece. Class fee: \$20

Jul 13	W	6:30 pm - 8:30 pm	109752
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## Barwell Road Community Center

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# Teen Programs– Continued

May - August 2011

## Photography: Advanced-Beyond Exposure

Ages 15 and up. You understand the basics of photography, now you want to explore new and different techniques. This class will give you an understanding and enough knowledge to create new and creative photographs. We will discuss how to create panoramic, HDR (High Dynamic Range), and macro images. We will also look at action, night, flash, and tripod shooting. Attendees should have a working knowledge of their camera and basic understanding of photographic theory (ISO/Aperture/Time, Depth of Field, etc.). Reference handouts will be provided. Class fee: \$45

Aug 6                      Sa            10:00 am - 1:00 pm                      109879

## Photography: Introduction to Photography-Camera 101

Ages 15 and up. Have you just purchased a camera and have no idea what to do? Do you always keep your settings on Auto? What is that flashing light and what is the camera telling me? This class will answer those questions and whether you're using a point-and-shoot or a DSLR. We'll show you how to feel confident with your camera and go beyond Auto. Bring your camera and questions! Handouts will also be provided. Class fee: \$35

May 14                      Sa            10:00 am - 1:00 pm                      109653

## Photography- Taking your Photography to the Next Level

Ages 15 and up. Learn how to improve your photographic compositions. We will cover basic concepts and camera techniques. We will use examples from classic images to illustrate. Learn to develop your 'eye' and understand how best to compose your image to get the best shot possible. Instructor will assign homework to bring back to the second class for review. Instructed by Patrick Day. Skillset: Any. Class fee: \$60

Jun 11-18                      Sa            12:00 pm - 3:00 pm                      109667

## Technology: Clay Animation

Ages 9-14 years. Clay & animation - what a perfect combination! Working in teams, students do it all - from story creation to making the characters & sets. As they learn the production process, they will animate, record, download, assemble & edit their own movies. Fun, learning & excitement go hand-in-hand in this class. Class is taught by Computer Explorers. Class fee: \$179

Jun 14-Jul 26                      Tu            6:00 pm - 8:00 pm                      110277

## Shotokan– Adults

Ages 14 and up. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Class is on Mondays and Wednesdays from 7pm-8pm. A new session begins each month. Instructor is Eric Blaize. Class fee: \$15 per month.

## Gardening- Spring Planting Roundtable

Ages 15 and up. Did you know that the last expected frost in Raleigh is April 9? That means we only have about a month to plan out summer gardens. Join us for a roundtable discussion about ways to improve yields, control pests and rodents and improve the general design of your garden. This discussion is open to everyone from the beginner and more advanced gardener. The small fee will cover light refreshments. Class fee: \$2

Jul 23                      Sa            10:00 am -12:00 pm                      110400

## Track and Field Clinics

Ages 9-14 years, as of December 31, 2011. The clinics focuses on Sprinting, Sprint Starts, Throwing, Horizontal Jumping and Relay Exchanges. For more information, contact Mark Elmore at 233-2121. Class Fee: Free.

April 30	Sa	9:00 am - 12:00 pm	110630	Chavis Center Outdoor Track
June 11	Sa	9:00 am - 12:00 pm	110631	Buffalo Road Park

## Hershey Track and Field– Local Meets

Ages 9-14 years, as of December 31, 2011. The Hershey's Track and Field Games events are designed to introduce youth to physical fitness through basic track and field events such as running, throwing and jumping. Participants have an opportunity to advance to compete at the regional, state and possibly the national level. Participants may only compete in one local event. Registration will begin at 8:30am, events will begin at 9:30am. Site: Bufaloe Road Athletic Park School, 5812 Bufaloe Road. For information, call 831-6836.

May 14	Sa	8:30am for registration
June 15	Sa	8:30am for registration